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INDUSTRY FUNDING RECYCLING

Tornado tears up Midwest, South U.S.

Use Metro AR to see survivors begin recovery effort PAGE 7

M.I.A.? JUST USE A HOLOGRAM

THAT'S WHAT SHE DID. USE METRO AR TO HEAR SOME OF THE SINGER'S MUSIC. PAGE 11

Crews hustle to hold back floodwaters

Wet work. Despite dry spring, threat to parts of Manitoba remains, prompting evacuations as embankment falters

Crews were trying to pump water over a faltering embankment in western Manitoba on Monday to try to prevent it from collapsing and sending water rushing to downstream communities.

Birdtail Creek started backing up late last week because a culvert had frozen solid over the winter. Pieces of the embankment started falling away on the weekend, allowing water through and prompting precautionary evacuations of some 32 homes in the Town of Birtle, the surrounding rural area and the Waywayseecappo First Nation.

The Manitoba government said Monday four large pumps had been sent to the area to get the water level down and ease pressure on the embankment.

The government and local municipalities had already put up sandbags and temporary dikes around the threatened homes, and were hopeful the residences were protected from whatever might come.

"We think they are, but of course until the water gets here, we won't know for sure," Ron Bell, spokesman for the Town of Birtle, said from the community 250 kilometres west of Winnipeg.

Premier Greg Selinger toured the flood-hit areas Monday, and said while water levels were generally dropping, the threat was far from over.

"There's still a heck of a lot of water ... and it's raining out." THE CANADIAN PRESS

HOSPITAL FOOD GETS COLOURFUL

Cheryl Lozaga, operations co-ordinator for the Winnipeg Regional Health Authority's nutrition and food services, shows off one of the new food carts making the rounds at Children's Hospital, designed to placate even the "pickiest of eaters." The carts are aimed at appealing to kids' senses of sight and smell, therefore increasing food consumption. **See story on page 2.** BERNICE PONTANILLA/METRO

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NEWS 1

Pop/rap fans

Beyoncé and Jay Z set to perform in Winnipeg July 27

Hey there, single ladies, Bey is coming back to Winnipeg.

Livenation presents Beyoncé and Jay Z at Investors Group Field on July 27, where they will share a stage in support of the Shawn Carter Foundation.

The only other Canadian show announced so far is Toronto on July 9.

Tickets go on sale this Friday, May 2 at Ticketmaster. Tickets run from $40.50 to $200.50 plus services charges. METRO

Adult contemporary fans

Jann Arden playing Sept. 13

Canada's queen of broken-hearted love songs will be bringing her soaring voice to downtown Winnipeg this fall.

Jann Arden will play the Centennial Concert Hall on Sept. 13 with special guest Rose Cousins.

Tickets go on sale Friday at 10 a.m. at Ticketmaster. Tickets range from $49.50 to $85.50. METRO

Monday morning

Teen hit by car in critical condition

Winnipeg police shut down an intersection of River Heights after a teenager was hit by a car.

Police said the teen, who was taken to hospital in critical condition, was struck at about 8:45 a.m. Monday at the intersection of Grosvenor Avenue and Wilton Street. METRO

Have your say on future of library

The Winnipeg Public Library is asking the public to help write the next chapter of its future.

As part of a five-year plan directed by city council, the library is reviewing its collections, spaces, programs, and services by holding a campaign called "Inspiring Ideas."

From now until the end of June, the library will be looking for public input online and in person at special events.

"We are really excited about the opportunity to hear what the public has to say," manager of library services Rick Walker said in a release.

"Libraries remain a vital part of our communities and neighbourhoods and we as a city have made a commitment to continue supporting and sustaining the library system for current and future generations," said Coun. Brian Mayes, who co-chairs council's community services committee.

The campaign kicked off Monday at The Metropolitan Entertainment Centre.

The public can share their ideas by filling out an online form at inspiringideas.wpl.winnipeg.ca. Print surveys are also available at library locations.

The library will also hold four special library events to gather more ideas. Find them at:

- Henderson Library, May 22, 2 to 5 p.m.
- Sir William Stephenson Library, June 7, noon to 3 p.m.
- Millennium Library, June 11, 5 to 8 p.m.
- Pembina Trail Library, June 17, 5 to 8 p.m.

SCOTT BEST/FOR METRO

Have you heard the one about bad hospital food?

It's better à la cart. Even kids know the grub at health-care facilities can be a bit of a joke, so the Children's Hospital is trying to change that

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The Children's Hospital has rolled out food carts aimed at appealing to kids' senses of sight and smell, therefore increasing food consumption.

Maggie Schmidt, regional manager of nutrition and food services for the Winnipeg Regional Health Authority (WRHA), said the carts were brought in following an audit that said half of the food on the trays was being returned.

Schmidt said the difference now is children get to choose what they want from a cart that's also bright, attractive and includes a fridge and oven that keep the food fresh and aromatic.

"Having a chance to see the food is really important and picking and choosing what you want at that time when you're hungry," said Schmidt, adding the hospital began rolling out the carts one unit at a time last July. They've now been fully implemented in all four units.

Schmidt said the carts, which cost $40,000, will save money in the long run with less food being wasted.

Books to food

Funds raised at the Children's Hospital Book Market helped buy the food carts. The market runs again this year starting on Wednesday through to Sunday at St. Vital Centre.

Maggie Schmidt, regional manager of nutrition and food services for the WRHA, said allowing children to pick their own food has lessened waste. METRO

Stowaway teen's mother seeks reunion with kids

Shedder Refugee Camp. It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years.

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

"I knew he was an intelligent boy who has strong affections for me. I also knew he always wanted to see me, but I know his father won't let them contact me at all," Abdule said.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.

In this photo taken Sunday, Ubah Mohammed Abdule, 33, feeds her son Abdullahi Yusuf Ahmed, 8, as her daughter Neshad Yusuf Ahmed, 5, looks on, outside her hut in the Shedder refugee camp near the town of Jigjiga, in far eastern Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and the UN refugee agency to help her do so. She has passed her first interview with the agency to make the list of those who might qualify to immigrate to America, said a legal protection officer at the refugee camp.

THE ASSOCIATED PRESS

Muslim Brotherhood leader sentenced to death

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crackdown against Islamist supporters of ousted leader Mohammed Morsi, under the banner of "war against terrorism" while tightening its grip on the Arab world's most populous nation.

Suggesting there might be room for reversal, the same judge also reduced the sentences against 529 defendants indicted in a similar case in March, upholding the death penalty for only 37 and commuting the rest to life imprisonment.

Still, the three dozen death sentences that were upheld was an extraordinarily high number for Egypt, compared to the dramatic trial in the wake of the 1981 assassination of President Anwar Sadat, when only five people were sentenced to death and executed.

Judge Said Youssef said he was referring Monday's death sentences — which were for convictions of violence and killing policemen — to the Grand Mufti, the nation's top Islamic official — a requirement under Egyptian law that is usually considered a formality but also gives room for the judge to change his mind.

THE ASSOCIATED PRESS

Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters.

Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

The police director told the radio station Monday he would not discuss the criminal allegations, but he called the behaviour of the officers from the noted anti-gang unit "absolutely unacceptable and intolerable."

"From an administrative point of view, things are clear in our minds," said Petit, who also noted they should have never have let someone from the outside into the headquarters. "These boys no longer have a place within our unit."

THE CANADIAN PRESS

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TRANSIT TUESDAY
Weekly Transit News Update

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Lim Jang-young, 58, helps families of victims of the sunken ferry Sewol in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Volunteers help to ease suffering

Ferry sinking. Death toll expected to rise to more than 300 dead

The mother, slightly drunk, sits on the edge of a wind-blown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son. He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul Il, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry. "It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul Il is one member of an impromptu city that has sprung up at this normally sleepy port for the families of those lost in the disaster. The city runs on the kindness of strangers.

A sense of national mourning over a tragedy that will likely result in more than 300 deaths, most of them high school students, has prompted an outpouring of volunteers. More than 16,000 people — about half the island's normal population — have come to help.

They handle much of the care that relatives of the missing receive in Jindo as they wait for divers to retrieve the bodies of their loved ones from the wreckage of the ferry Sewol.

Some scrub toilets and bathroom floors at the gym where families sleep, keeping the amenities practically spotless. A man walks with a huge sign that says "I will wash clothes for you."

They cook huge pots of hot kimchi soup, distribute blankets, towels and toiletries, pick up trash and sweep the grounds. Turkish volunteers offer kebabs, turning on spits. One truck distributes homemade tofu, another pizza.

Cab drivers from Ansan, where the high school students who make up more than 80 per cent of the missing and dead were from, provide free rides to and from Jindo, a five-hour drive that would normally run up a fare of 280,000 won ($270).

"It's time to help those who are mourning. Giving up several days of work is nothing," driver Ahn Dae-soo said.

Lim Jang-young, a 58-year-old owner of a Japanese restaurant, came to Jindo from the southern city of Daejeon to cook traditional beef soup for family members, other volunteers and journalists. He temporarily closed his restaurant to come help because he said he can't focus on his business while he worries about the victims and their families.

Hundreds of people, many from aid groups, private companies, churches and other organizations, mostly wearing green and blue clothing, pack roads lined with white tents near Paengmok port and a gym on the island, offering soup, kimchi, rice, hamburgers, taxi services, cellphone battery charging, laundry services, medicine, energy drinks, psychiatric help and daily necessities like underwear, socks, nail clippers, cotton swabs and toothbrushes.

Park Seung-ki, a spokesman for the government task force, said Sunday that more than 16,200 people have come on their own or with nearly 730 organizations. About 690,000 aid items such as food, bottled water, blankets and clothes have also arrived in Jindo since the sinking, Park said.

Volunteers say they're asked to refrain from "provoking" family members and to avoid smiling, taking commemorative photos or starting conversations.

THE ASSOCIATED PRESS

MA 370. Air search called off

The aerial search for the missing Malaysia Airlines jet was called off Monday, and the underwater hunt will be expanded to include a vast swath of ocean floor that may take at least eight months to thoroughly search, Australian officials said.

Prime Minister Tony Abbott said that crews will begin searching the plane's entire probable impact zone, an area 700 kilometres long and 80 kilometres wide.

"It is highly unlikely at this stage that we will find any aircraft debris on the ocean surface. By this stage, 52 days into the search, most material would have become water-logged and sunk," he said.

Abbott said officials will contact private companies to bring in sonar mapping equipment to search the area, estimated to cost $60 million. He added that Australia would seek contributions from other countries to help pay for the new equipment.

THE ASSOCIATED PRESS

Wrongful convictions

Death row questions arise

About one in 25 people imprisoned under a death sentence is likely innocent, according to a new statistical study appearing in the Proceedings of the National Academy of Sciences.

The majority of innocent people sentenced to death are never identified and freed, says professor Samuel Gross of the University of Michigan, the study's lead author. THE ASSOCIATED PRESS

Kingston, Jamaica

What's that smell?

People living in communities around Jamaica's capital say they are exasperated with noxious smoke being released into the air from a blaze that has smouldered at a sprawling trash dump for nearly two weeks.

Residents of southern Portmore and sections of the capital of Kingston say they are worried about the health effect of breathing in smoke, soot and microscopic pollutants. Smoke began to billow from the Riverton City dump on April 18. THE ASSOCIATED PRESS

Team searches for remains of Spanish author

Operators scan the altar at the Convent of the Barefoot Trinitarians in Madrid's historic Barrio de las Letras, or Literary Quarter. PAUL WHITE/THE ASSOCIATED PRESS

Miguel de Cervantes, Spain's greatest writer, was a soldier of little fortune. He died penniless in Madrid, his body riddled with bullets. His burial place was a tiny convent church no larger than the entrance hall of an average house.

No more was heard of the 16th-century author until the rediscovery of a novel featuring an eccentric character called Don Quixote rescued him from oblivion. Four centuries later, Spain intends to do the great man justice.

A team that will search for Cervantes' remains began exploratory work Monday and final conclusions will be known by the year's end. The estimated cost of the operation is $138,000 US.

Cervantes lived in a neighbourhood of narrow streets, small houses and taverns full of artists and hustlers. He was buried in 1616 on his death at the age of 68. Years later the chapel was expanded to its current — still modest — proportions.

According to Fernando Prado, the historian in charge of the project, just five people, including a child and Cervantes, are buried there.

The first phase will consist of exploration using radar. Excavation will begin if bones are detected. Then the investigation turns to forensic anthropologist Francisco Etxeberria.

Forensic identification will be the last part of the process. Any bones found may have been mixed up.

Prado said that with no living Cervantes descendants, DNA analysis is unlikely to lead anywhere.

The investigation will refer to the author's portraits and his own stories, in which he relates that shortly before dying he had only six teeth.

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Ohio to increase lethal injection dosage after previous execution

Ohio said Monday it's boosting the dosages of its lethal injection drugs even as it stands by the January execution of an inmate who made unusual snorting and gasping sounds that led to a civil rights lawsuit by his family and calls for a moratorium.

The state's new policy considerably increases the amount of the sedative used in its two-drug combination and raises the amount of the painkiller, both of which are injected simultaneously, according to a court filing. The state said it was making the changes "to allay any remaining concerns" after the last execution.

The Department of Rehabilitation and Correction said its review of the Jan. 16 execution of Dennis McGuire determined he was asleep and unconscious a few minutes after the drugs were administered.

"He did not experience pain, distress or air hunger after the drugs were administered or when the bodily movements and sounds occurred," the state said. "Therefore, his execution was conducted in a constitutional manner consistent with the policy."

The long and fitful execution of McGuire with a then-untested combination of chemicals brought cries of cruel and unusual punishment.

A gasping, snorting McGuire took 26 minutes to die after the chemicals began flowing. McGuire's adult children complained it amounted to torture, with the convicted killer's son saying: "Nobody deserves to go through that."

States are in a bind for two main reasons: European companies have cut off supplies of certain execution drugs because of opposition to capital punishment in Europe.

And states can't simply switch to other chemicals without triggering legal challenges from defence attorneys.

THE ASSOCIATED PRESS

U.S. aid

Audit: Haiti mission behind schedule

A U.S. government audit of Haiti health-care projects financed by Washington has found many of them to be significantly behind schedule.

The projects aimed to improve the health and nutrition of Haitians in the aftermath of the 2010 earthquake. This meant reinforcing the physical infrastructure of several health facilities, building three medical supply warehouses, and rebuilding a state university teaching hospital and a separate campus.

Instead, the audit by the U.S. Agency for International Development's inspector general found "limited progress," citing a delay in the construction of the health facilities.

USAID officials say they welcome such reports because they show where improvement is needed.

The audit attributed the delays to several factors, including a dearth of qualified personnel and the vacancy of a mission director for 13 months.

The Haiti mission also struggled to attract qualified USAID engineers.

THE ASSOCIATED PRESS

Kenney on hot seat over temp foreign worker program

The controversy. It's resonating with Canadians at a time of high unemployment, says a critic

Minister of Employment and Social Development Jason Kenney
THE CANADIAN PRESS

Jason Kenney is coming under fire in the House of Commons over the government's controversial temporary foreign worker program.

Amid allegations that some employers — fast-food restaurants in particular — have been abusing the program, Kenney is defending his move to temporarily ban the food services sector from the program.

Under attack from the NDP, Kenney says he receives more requests from the New Democrats to facilitate the entry of temporary foreign workers than he does any other party.

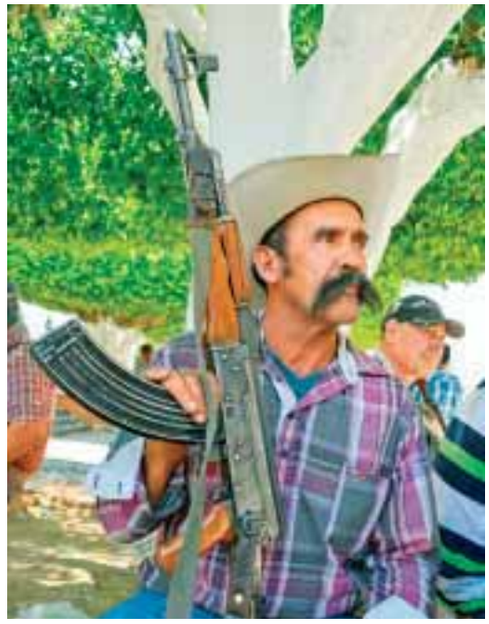
He says he's intent on ensuring that employers everywhere should hire Canadians first, but notes that companies should hike wages if necessary to attract workers.

Kenney has been hailed among some cabinet colleagues for forging a deal with the provinces and territories on the contentious Canada Job Grant, but some say his reputation is taking a beating on temporary foreign workers.

Liberal John McCallum, the party's immigration critic, says the controversy is resonating with all Canadians at a time of relatively high unemployment.

Peter Woolstencroft, a political science professor at the University of Waterloo, describes the temporary foreign worker file as being "impregnated with bad optics."

THE CANADIAN PRESS



Weapons registration

A member of a self-defence group sits with his gun as he waits during the first day of weapons registration in Coalcoman, Mexico, Monday. The confusing proliferation of false self-defence groups in Michoacan and instances of alleged looting and killings by legitimate vigilantes have led the federal government to order them to demobilize.

AGENCIA ESQUEMA/THE ASSOCIATED PRESS

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INDUSTRY FUNDING RECYCLING

Elections bill. Tories set 3-day deadline to vote on hundreds of amendments

A parliamentary committee has been given three days to debate and vote on nearly 300 amendments to a controversial overhaul of Canada's elections law — a tight time frame the Opposition NDP is calling a "farce."

The Conservative majority has set 5 p.m. Thursday as the deadline for clause-by-clause debate of the 242-page bill, which now includes almost 300 pages of proposed amendments.

That includes 45 changes proposed by the government itself late last week to address some of the most contentious reforms.

"This is more of the farce," New Democrat David Christopherson groused as the final witness hearing wrapped up Monday.

"We've got 242 pages, 300 pages of amendments, and we're going to have until five o'clock (Thursday) and we're not even meeting around the clock to do it. This is insane," he said.

"Some of the insanity was two or three days taken up with a filibuster," responded Joe Preston, the Conservative committee chairman, before dropping the gavel to end Monday's hearing.

Preston was referring to Christopherson's own procedural filibuster over the legislation.

In fact, it's been more than a year since the Conservative government first promised to present election reforms, only to withdraw them — unseen by the public — after objections from party MPs.

"In our desire to rapidly incorporate recent recommendations made by the chief electoral officer, we discovered a last-minute issue in the proposed Elections Reform Act," Tim Uppal, the former democratic reform minister, said last April.

"Therefore, we are postponing the introduction of legislation. We will take the time necessary to get the legislation right."

Uppal lost his job to Pierre Poilievre in a July 2013 cabinet shuffle and it wasn't until February 4 this year that a new bill emerged, rechristened the Fair Elections Act.

THE CANADIAN PRESS

Lev Tahor

Judge orders infant released

An Ontario judge has ordered an infant with an ultra-orthodox Jewish sect to be released from foster care and placed in the care of the baby's 17-year-old mother.

Justice Paul Kowalyshyn ordered Chatham-Kent Children's Services to release the Lev Tahor child, who with the mother was taken into custody in Calgary after fleeing Ontario ahead of a child custody appeal hearing.

THE CANADIAN PRESS

North Carolina

Lawsuit cites religious freedom in challenge to gay marriage ban

Some clergy members are filing a novel lawsuit challenging North Carolina's constitutional ban on gay marriage, saying it violates their religious freedom.

The clergy members say they would like to perform same-sex marriage ceremonies in their congregations, but can't because of the law.

The lawsuit filed Monday in federal court in Charlotte includes a dozen clergy members and the United Church of Christ, which has more than one million members.THE ASSOCIATED PRESS

San Francisco Bay

Planes collide as 1 attempts to pass the other

Authorities say they have located the wreckage of a small plane that crashed into San Francisco Bay after colliding with another aircraft.

Contra Costa County sheriff's spokesman Jimmy Lee said crews located the Cessna on Monday but could not immediately say whether the pilot was also found.

The search began Sunday afternoon when the Cessna 210 and a Hawker Sea Fury TMK 20 collided in mid-air. The pilot of the vintage airplane landed safely, but the Cessna crashed into the water.

The names of the pilots haven't been released.

THE ASSOCIATED PRESS

See that symbol? Scan the image below with your Metro News App to see how survivors of the tornado are picking up the pieces

Start of tornado season ravages U.S., Arkansas hit the hardest

Fatalities also reported in Oklahoma and Iowa. Midwest and South brace for further severe weather

Emergency officials searched for survivors Monday in debris left by a powerful tornado that killed at least 14 in Arkansas and carved a 130-kilometre path of destruction through suburban Little Rock.

The tornado that slammed into Vilonia, just north of the state's capital city, grew to about a kilometre wide Sunday and was among a rash of tornadoes and strong storms that rumbled across the Midwest and South.

It may be rated the nation's strongest this year, at least an EF3, with winds greater than 218 km/h, according to the National Weather Service. By comparison, the strongest possible tornado rates an EF5.

"We don't have a count on injuries or missing. We're trying to get a handle on the missing part," said Arkansas Gov. Mike Beebe on Monday. "Just looking at the damage, this may be one of the strongest we have seen."

An earlier toll of 16 was changed to 14 after it was clear that two victims were counted twice, Arkansas governor's aide Matt DeCample said, though he expects the overall death toll to rise.

Brandon Morris, spokesman for the Arkansas Department of Emergency Management, said crews were sifting through the rubble in the hope of uncovering survivors and to assess the damage.

THE ASSOCIATED PRESS

Sherry Lee, left, and her daughter-in-law Amanda Lee react after finding family photos among the ruins of Sherry's home on Cemetery Street Monday. KAREN E. SEGRAVE/THE ASSOCIATED PRESS

Initial reports

Tornado season roared in, causing millions in damage and a death toll still undetermined. Reports are still emerging of the toll on life and property. Among the damage:

- **Fourteen dead in Arkansas.** Nine dead in Vilonia alone
- **One dead reported in Quapaw, Okla.** Another reported in southeastern Iowa
- **New $14-million intermediate school in Little Rock, Ark.** Completely destroyed
- **100 homes and businesses in Kansas razed.** 25 injuries also reported

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Mayor shot, pro-Ukraine rally attacked as tensions rise in east

A bloodied man awaits medical assistance Monday after he was beaten by pro-Russian activists in Donetsk, Ukraine. EFREM LUKATSKY/THE ASSOCIATED PRESS

Eastern cities. Police stand aside as pro-Russia activists beat up demonstrators in Donetsk; mayor possibly targeted to destabilize Kharkiv, friend says

The mayor of Ukraine's second-largest city of Kharkiv, a hub of 1.5 million people, was shot in the back Monday and hundreds of men attacked a peaceful pro-Ukraine rally with batons, bricks and stun grenades, wounding dozens as tensions soared in Ukraine's volatile east.

In the eastern city of Donetsk, about 1,000 demonstrators carrying Ukrainian flags marched through the streets to hold a pro-Ukrainian rally Monday night. They were attacked by several hundred armed men shouting "Russia!" Police attempted to hold the pro-Russia men back, but then stood aside as dozens of protesters were battered.

Hennady Kernes, the mayor of Kharkiv, was shot in the back Monday morning while cycling on the outskirts of the city, his office said. He underwent surgery and was reported by the hospital to be in "grave but stable" condition.

Kernes' friend and former Kharkiv governor Mykhailo Dobkin told journalists the attackers had aimed at Kernes' heart and wanted to kill him to destabilize the city

Elsewhere in the east, pro-Russia militants wearing masks gained another foothold, seizing a city hall building and police station in the city of Kostyantynivka, 160 kilometres from the Russian border. THE ASSOCIATED PRESS

New sanctions

Canada, U.S. target Putin's inner circle

Canada is following the United States in once again stepping up the pressure on Moscow over the crisis in Ukraine. Prime Minister Stephen Harper says two Russian companies and nine individuals will face new sanctions.

And he suggests more economic sanctions could be on the way unless Russian President Vladimir Putin follows through on an April 17 agreement that was designed to ease tensions in Ukraine.

A half-dozen CF-18 fighter jets are also scheduled to depart Tuesday to assist NATO operations in eastern Europe.

Earlier Monday, the U.S. imposed sanctions on seven Russian government officials and 17 companies linked to Putin. It also revoked licences for some high-tech products used by Russia's military.

The new sanctions were milder than many in Moscow had feared. They did not affect any public companies or major sectors of the economy.

The European Union meanwhile slapped visa bans and asset freezes on 15 individuals alleged to be involved with stoking instability in eastern Ukraine. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

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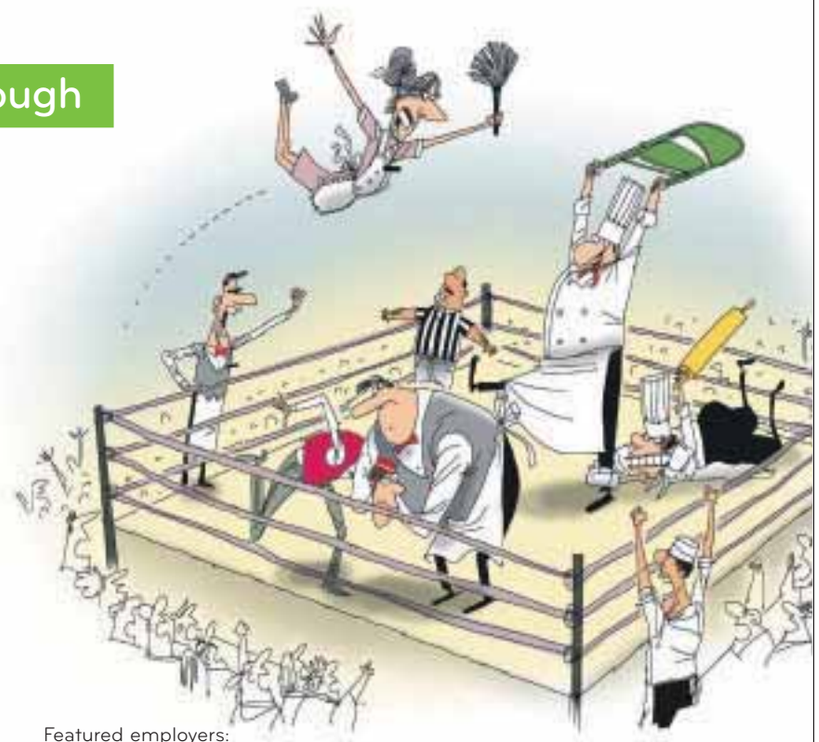

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"Number one job site" based on six-month average online job postings for period ending March 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

NBA. Advertisers drop L.A. Clippers from roster amid racism controversy

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Used car dealership chain CarMax, airline Virgin America, and the Chumash Casino Resort said Monday that they are ending their sponsorships of the Clippers in the wake of comments allegedly made by the team's owner, Donald Sterling.

Two other sponsors, Kia Motors America and Red Bull, said they are suspending their advertising and sponsorship activities with the team. Another sponsor, insurer State Farm, said it "will be taking a pause in our relationship with the organization."

A car drives past the CarMax sign at the dealership in Oak Lawn, Ill.
THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.70¢ (+0.09¢)

TSX 14,530.91 (-2.66)

OIL $100.84 US (+$0.24)

GOLD $1,299 US (-$1.80)

Natural gas: $4.80 US (+$0.16)
Dow Jones: 16,448.74 (+87.28)

Dream of self-driving cars stuck in neutral ... for now

The Google driverless car navigating along a street in Mountain View, Calif.
GOOGLE/THE ASSOCIATED PRESS

Not so fast. Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available self-driving car technology.

Dream to reality?

"We're growing more optimistic that we're heading toward an achievable goal — a vehicle that operates fully without human intervention."
Project director Chris Urmson, in a blog post

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public.

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their lanes.

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles.

His projection is that self-driving cars will not be commercial available until 2025.

Google's self-driving cars already can navigate freeways comfortably, albeit with a driver ready to take control.

THE ASSOCIATED PRESS

Feds could balance budget

The federal government may be able to finally eliminate the deficit as early as this current fiscal year, but the achievement will have come at some cost to economic growth and jobs, the country's budget watchdog says.

Parliamentary Budget Officer Jean-Denis Frechette's report estimates federal spending curbs have helped keep the government's costs in check, and will likely lead to a virtual balanced budget one year ahead of schedule in the current 2014-15 fiscal year.

"Prospects for budgetary surpluses are higher over the outlook than in (October's previous report) due to a combination of an improved economic outlook and measures in Budget 2014, in particular further planned restraint in direct program expenses," Frechette's report states.

"PBO estimates the likelihood of realizing a budgetary balance or better is approximately 50 per cent in 2014-15, and more than 60 per cent in 2015-16 and beyond."

But the restraint will likely shave about 0.5 per cent from the economy by 2016 and result in about 46,000 fewer jobs, the report goes on to say.

The PBO forecasts the economy is likely to advance by 2.1 per cent this year, rising to 2.7 in 2015, and remain above its potential growth rate until 2018.

THE CANADIAN PRESS

Xbox original shows coming

When it comes to original programming, Microsoft is going to throw it at the Xbox and see what sticks.

After nearly two years since launching a studio to create new shows to be streamed on Xbox consoles, Microsoft is finally ready to serve an assorted helping of original programming this summer for the Xbox 360 and Xbox One. However, viewers shouldn't expect Xbox Originals, as they're called, to be available the same way that content is provided on Netflix and Hulu.

"We don't necessarily know what approach will work, and we don't necessarily know what approach won't work," noted Nancy Tellem, the president of Xbox Entertainment Studios during a recent press preview of Xbox Originals at Microsoft's offices in Santa Monica, Calif.

THE ASSOCIATED PRESS

HAVE THE 'BURBS LOST THEIR APPEAL?

SHE SAYS
Jessica Napier
metronews.ca

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to one another.

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle down.

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a "good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids.

So why are these picture-perfect peripheral towns now failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and a vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side — except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

ZOOM

Mauled eagle

Photographer Stan Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance as eagles are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could definitely hear a pretty loud thud or thump as the eagles made contact." COURTESY STAN RIFE/SOLENT NEWS

Bald eagle claws off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne fight.

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest. Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. METRO

Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

Bald-eagle facts

- **Wingspan.** Up to 230 cm.
- **Plucky flock.** Bald eagles have some 7,000 feathers.
- **Speed.** Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. "Founding father" Benjamin Franklin was against the move due to bird's roguish behaviour.

METRO AUGMENTED REALITY

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metro AR

MetroTube

Lag: It's way funnier in real life

ANDREW FIFIELD
metronews.ca

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergi on YouTube)

SCREENGRAB

metro

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Listen to M.I.A.'s song Lights.

M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

PAT HEALY
Metro World News

M.I.A. says she resists pressure to turn her shows into "a theatrical production like Glee or something." GETTY IMAGES

M.I.A. performs with a hologram of Janelle Monáe. GETTY IMAGES

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

Does incorporating high theatrics into your shows mean you have to compromise spontaneity?
I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like Glee or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.
I didn't really come at it like that because the journey to do with me is using exactly the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work. ... It's not really "I am a god." It's kind of saying, "This thing is weird," and I found her only because the goddess is called the same name, but the things she represents were important things 5,000 years ago, but they're also still important today.

How did you come to know of Matangi? Was it something you grew up with in your culture?
It wasn't really something that I felt that connected to. … I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for Double Bubble Trouble, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

So I'm not supposed to ask you too much about the NFL ordeal where they're suing over the middle finger on national television. Is that because you're tired of talking about it or because of the legal implications?
It's a legal thing and nothing's really been sorted out so I don't really know what to say.

Why Matangi?

M.I.A. says the goddess Matangi is "exactly the things that we are all about today, like the fact that she carries a parrot who tweets and it represents human speech and consciousness and how repetitive it can become and the value of life. You know, we tweet certain concepts, and don't retweet certain concepts. All of these things are connected to that goddess, so she seemed quite appropriate, and fun at the same time."

DVD reviews

Labor Day

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

●●○○○

A lonely single mom (Kate Winslet) getting her groove back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock.

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

At no point does the film convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.

The Selfish Giant

Director. Clio Barnard

Stars. Conner Chapman, Shaun Thomas, Sean Gilder

●●●●○

Not the Oscar Wilde children's story, more an inspired take on it in the kitchen-sink style of a Ken Loach drama.

The tragedy of Britain's underclass fatefully unspools in this sophomore feature by writer/director Clio Barnard (The Arbor), who guides casting finds Conner Chapman and Shaun Thomas to memorable performances as juvenile wire thieves who risk all for gain and greed.

Barnard is as skilled at conventional storytelling as she was with the formal experiments of her debut.

PETER HOWELL

Katy Perry ALL PHOTOS GETTY IMAGES

I kissed a DJ and I liked it: Has Katy danced her way from John to Diplo?

Well, that was quick. Katy Perry finally confirmed her split from John Mayer last week, and now it seems she's already moved on — with DJ and producer Diplo. The two were spotted having dinner together before heading to the New York premiere of The Amazing Spider-Man 2, according to TooFab, and while they reportedly did their best to avoid being photographed together, sources say they were seen leaving together, taking off in the same SUV. Perry and Diplo were previously seen enjoying each other's company at the Coachella music festival earlier this month. "It was very obvious that Katy and Diplo were together," a source told Page Six of that sighting. "They seemed inseparable, and at one point they were seen getting onto her bus together."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look at that hair, look how it shines on Styles...

MELINDA TAUB
Metro World News

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heartthrob Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told the BBC.

Chris doesn't just admire their musical prowess and comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

Details of Geldof's death may come to light as inquest begins

Peaches Geldof

A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

The model and TV personality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS

Twitter

@louisck
My kids used to love math. Now it makes them cry. Thanks standardized testing and common core!

@SethMacFarlane
Who takes the best selfies in LA? I need someone good to do mine.

@RebelWilson
Just so we're all clear: I didn't get out of pajamas all day today...BUT I did walk to the fridge eight times

Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

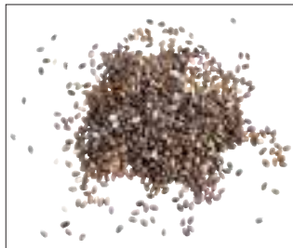
ROMINA MCGUINNESS, METRO WORLD NEWS
Nutrition data from My Fitness Pal

Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calorie."
Calorie: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g

Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would."
EAT ABOUT: 200 g
Calorie: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs 8 g



Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract."
EAT ABOUT: 2 tbsp
Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g

Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."
EAT ABOUT: A handful
Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g

Tomatoes (raw, 100 g)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage, a natural by-product of our metabolic processes."
EAT ABOUT: The more the better
Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein: 1 g / Dietary fibre: 1 g / Total carbs: 3 g

Broccoli (raw, 100 g)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited quantities."
EAT ABOUT: The more the better
Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g

Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."
EAT ABOUT: 20 g
Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g

Blueberries (frozen, 100 g)

WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)."
EAT ABOUT: 120 g
Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g

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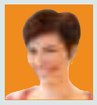
See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about goats milk cheese

Just add cheese for pancakes 2.0

Health Solutions

Everybody say, '(Sheep's) cheeeeese'



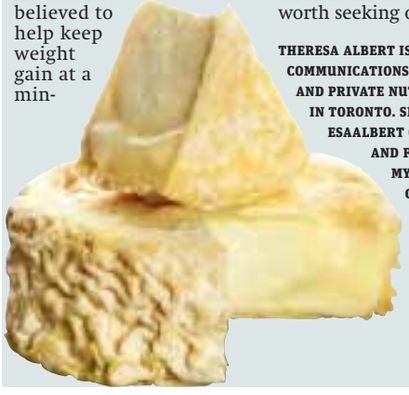
NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sheep's and goat's milk cheese are a staple all over the world. We Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

• People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.

• Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight gain at a minimum.



• Sheep's milk has almost twice the calcium *and* protein of cow or goat milk.

• Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like cheddar.

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream (which may explain why my hands were remarkably soft for an entire day).

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well worth seeking out.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This makes four to six servings. THERESA ALBERT

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

Pancakes are not just sweet food anymore. Think of Japan's okonomiyaki or French crepes. Both serve up fast, comfort food with flavour to spare.

These can easily be made gluten free by choosing an appropriate pancake mix.

1. Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk.

2. Mix eggs, ricotta and milk.

3. Mix the two together while you heat a skillet.

4. Fry like pancakes on one side until bubbles form, flip once.

5. Top with extra cheese and mango chutney.

THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds
- 1/2 cup wheat germ (omit if gluten free)
- 1 tsp garlic powder
- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

A delicious melt called patty

1. In heavy-bottomed sauté pan over medium heat, combine olive oil and butter. When butter is melted, add salt, 3 tablespoons of vinegar, and onion rings. Cover and cook for 20 minutes, stirring occasionally.

2. Remove cover and cook, stirring occasionally, another 10 minutes, or until onions are all deep golden colour. When onions are done, transfer to bowl and immediately drizzle remaining vinegar over them. Stir to combine, then set aside.

3. When ready to cook burgers, prepare grill for direct, medium heat cooking.

4. Being careful not to overwork meat, season sirloin with salt and pepper, and mix until combined. Gently shape the meat into 4 oval patties of equal size and thickness.

5. Use thumb to make an imprint in centre of each patty. Place each patty directly on the cooking grate and grill for 4 minutes. Turn and continue grilling until the meat is no longer pink, another 4 to 5 minutes. Once the patties are made and grilled, transfer to a platter.

6. Meanwhile, begin to assemble patty melts by layering each piece of rye toast with slice of cheese. Take bread to grill and place directly on clean cooking grates for 2 minutes, or until the cheese begins to melt and the bread is warm.

7. Once the cheese has melted, transfer each burger patty to one slice of bread. Divide the onions between the remaining 4 slices of bread, then assemble into 4 sandwiches.

Ingredients

For the onions
- 2 tbsp extra-virgin olive oil
- 1 tbsp unsalted butter
- 1 tsp kosher salt
- 4 tbsp balsamic vinegar
- 3 large yellow onions, sliced into rings

For the burger
- 1 lb ground sirloin
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 8 slices of fresh rye bread, toasted
- 8 large slices of Swiss cheese

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED

NHL playoffs

Malkin leads Pens in shedding Jackets

Evgeni Malkin had a hat trick and the Pittsburgh Penguins almost blew a four-goal lead before beating the Columbus Blue Jackets 4-3 on Monday night to clinch their first-round playoff series in six games.

The Blue Jackets, closer to making tee times than thinking about a Game 7, scored three times in a 4:52 span in the third period to turn up the pressure on the Penguins.

Pittsburgh awaits the winner of the New York-Philadelphia series, with the Rangers leading 3-2 going into Tuesday night's Game 6.

Brandon Sutter also scored and Matt Niskanen had two assists as the Penguins became the first team in the series to score first and win — but barely. Marc-Andre Fleury made 24 saves. THE ASSOCIATED PRESS

NBA playoffs

"I believe if it was me, I wouldn't come to the game. I believe the fans, the loudest statement that they can make as fans is to not show up to the game."

Golden State Warriors coach Mark Jackson responding to questions Monday about how fans should react to the purported comments of Clippers owner Donald Sterling telling a woman not to bring black people to his games or associate with them. NBA commissioner Adam Silver will hold a news conference in New York Tuesday where he could reveal sanctions the league will impose on Sterling. The Warriors and Clippers play later at Staples Center with their series tied 2-2.

New day for Fish's play-by-play guy

Goldeyes. New voice of baseball club looking forward to calling games for passionate fanbase

DARRIN BAUMING
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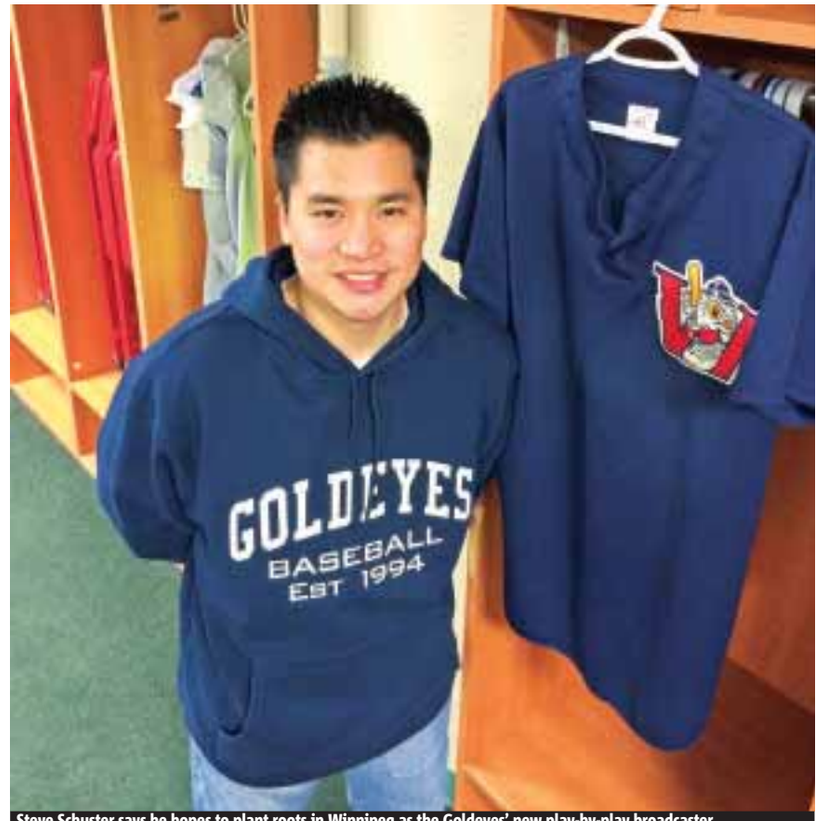


Steve Schuster says he hopes to plant roots in Winnipeg as the Goldeyes' new play-by-play broadcaster.
HANDOUT/THE WINNIPEG GOLDEYES

Every spring sees new faces join the Winnipeg Goldeyes, but for the first time in nearly two decades a new voice will hum the dulcet sounds of the boys of summer.

Steve Schuster joins the baseball club as its new play-by-play man on a new radio wave, The Jewel 100.7 FM. The 29-year-old Long Island, N.Y., native succeeds Paul Edmonds, who took on a new opportunity with TSN 1290, after 19 seasons as the voice of the Goldeyes.

"Certainly coming to this organization was really an easy decision," said Schuster. "The brief experiences that I've had here over the last three years … I'm excited about the fan base here. Not just with the Goldeyes, but it just seems like there are very passionate fans with the Goldeyes and the Bombers and the Jets."

Schuster comes to Winnipeg after six years in Kansas with fellow American Association club Wichita Wingnuts, and hopes to plant roots in Winnipeg.

"That's kind of the plan that I have," Schuster said. "Like anybody, you have the dream of one day getting to the major leagues, but actually it was something Paul (Edmonds) told me a couple years ago.… He's had opportunities to go to affiliated ball. There was a point in his life where that was his dream too. He came to a realization at one point where he was like, 'I don't need to get to affiliated ball or get to the major leagues to validate myself as a quality broadcaster.'

"I'm about at that point myself. I'm just grateful for the opportunity that (general manager Andrew Collier) has given me here, and I feel like I owe it to him and the organization and the fans to try and bring consistency here for the next number of years."

Milan Lucic, right, of the Bruins celebrates scoring a goal against the Red Wings with teammate Jarome Iginla in Boston on Saturday. JARED WICKERHAM/GETTY IMAGES

Scan the above image with the Metro News app to view a gallery of hockey's greatest villains.

Lucic loving playoff hate

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just smiled.

"I'd be lying if I said no," he said. "I mean, any athlete would be lying if they said it doesn't. It was good to get that one."

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to flare.

Last month Lucic called Habs defenceman Alexei Emelin a "chicken" for delivering a low hip check on him. Given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," Lucic said last week.
THE ASSOCIATED PRESS

4 SPORTS

Horoscopes

♈ Aries
March 21 - April 20
You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

♉ Taurus
April 21 - May 21
You feel like you can take on the world and win – and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

♊ Gemini
May 22 - June 21
You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

♋ Cancer
June 22 - July 23
Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

♌ Leo
July 24 - Aug. 23
Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

♍ Virgo
Aug. 24 - Sept. 23
Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

♎ Libra
Sept. 24 - Oct. 23
There is no point arguing with people who refuse to see sense. It may be tempting to show them up with your knowledge but why bother?

♏ Scorpio
Oct. 24 - Nov. 22
You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself harm.

♑ Capricorn
Dec. 22 - Jan. 20
You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

♒ Aquarius
Jan. 21 - Feb. 19
Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

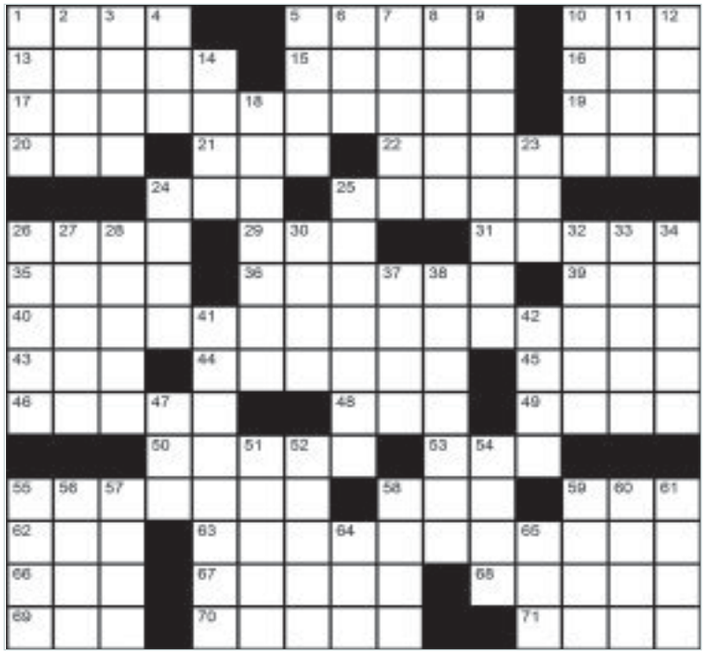
♓ Pisces
Feb. 20 - March 20
The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Toronto electronic music duo, __ Dead
5. 'Great'-meaning prefix to 'fy' or 'ficent'
10. Financial exec's degree
13. Mr. Flynn
15. Ozone-damaging refrigerant
16. 'Eight' ender
17. Mariner's mercantile mission mapways: 2 wds.
19. __ fashioned
20. Nova Scotia hrs.
21. Bard's 'throughout'
22. Winnipeg, 'The __ to the West'
24. Demise
25. The __ (Irish siblings band)
26. New newts
29. Tetley drink
31. Basket-making fibre
35. Swill
36. Gloria __ (High-profile American lawyer)
39. Tuber serving
40. "Hot Tonight" band from Newmarket, ON: 3 wds.
43. Excavated material
44. Barker's boarding building
45. Prefix with 'dynamic'
46. Comic strip square
48. "And if your heart's strong, hold __, _ won't delay." - The Beatles, "Wait"
49. Attraction
50. Parrot
53. "Gangnam Style" artist
55. Parade bigwig
58. Creature in ancient Egyptian art
59. The __, Manitoba
62. Toronto's Dan- forth, e.g.
63. 'Very boring' job in "Echo Beach" by Martha & The Muffins: 2 wds.
66. Family
67. Intended
68. Cliff nest, variantly
69. Peculiar
70. PGA, et al.
71. Fret

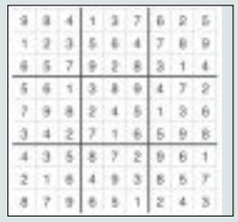
Down
1. Greek†alphabet's 6th letter
2. Blunders
3. "Shucks!"
4. Lawn roll
5. "Dial _ __ Murder" (1954)
6. Indonesia's __ Islands
7. Square-one
8. ___ __ for music (Not exactly a maestro)
9. Good way to take things: 2 wds.
10. Woof's counterpart
11. Mr. Lugosi
12. Mr. Warhol
14. Mr. Trotsky
18. Bureaucrat's adhesive?: 2 wds.
23. 'Heir' suffix
24. Behold
25. Infomercial's prompt to order: 2 wds.
26. Impede
27. Plant†life
28. Commuter's payment
30. Father-in-law for Esau
32. Jesse __ Ferguson of "Modern Family"
33. Famous soap couple, Luke and __
34. Curve
37. Nada in Nice?
38. 1983 Bonnie Tyler hit: "Total __ of the Heart"
41. Musical of 1943!
42. Elizabeth __ Stanton (Suffragist, b.1815 - d.1902)
47. Bad __ (German spa resort)
51. Montreal 'coffees'
52. As, in code
54. Microchip-implanting gr.
55. Shark sort
56. Passionate
57. Splinter
58. Memorizes the script and does this
59. Chipper
60. Indy 500 champ Mr. Luyendyk
61. Twist, as facts
64. Bed-and-Breakfast
65. __ Miserables

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 7° MIN: 1°	MAX: 4° MIN: 1°	MAX: 4° MIN: 1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Conditions apply. Ex: Winnipeg. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

“I’m just not into you anymore.”
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